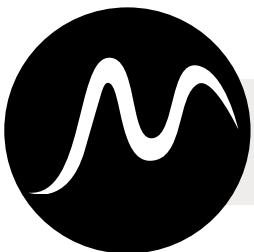


The Menopause *Doula*

TRAINING COURSE

*Joining the dots from periods to
perimenopause, and beyond*

UPDATED MAY 2024



WWW.THEMENOPAUSESCHOOL.COM

THE CURRICULUM

Backed by science, this is the only program of its kind, to join the dots between periods, perimenopause and beyond

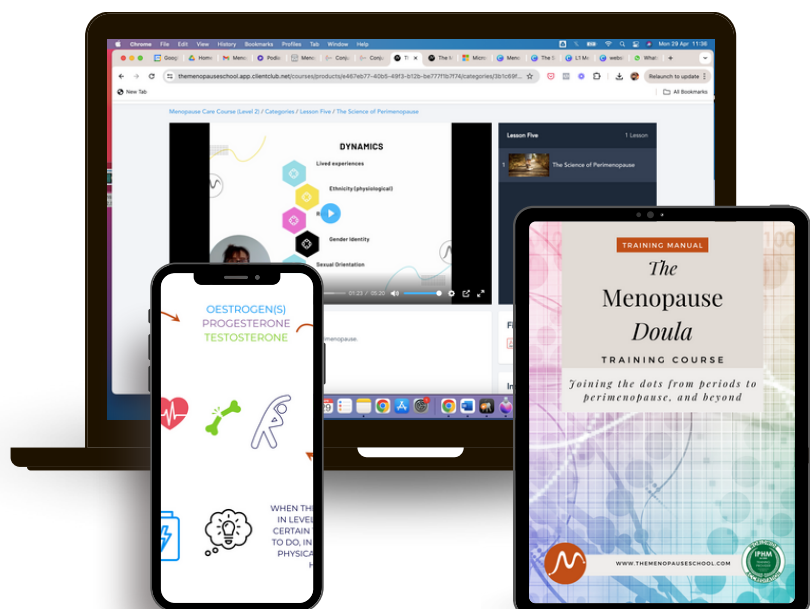
The areas studied cover a wide range of topics that offer a solid foundation of essential biology plus menstrual and menopause health specifics.

THE CORE TOPICS ACROSS 3 LEVELS

- The Menstrual Health Timeline
- Hormone Science
- Menstrual Health
- The Hormone Collective
- Perimenopause & Menopause
- Signs & Symptoms - Risks & Consequences
- A Therapeutic Framework
- Creating Conversations
- Supporting individuals and groups

PRACTICAL SKILLS

Knowing the science is one thing, putting it into action is another. You will learn how to listen to someone's menopause experience, and how to help them take their next best steps. Whether you aim to deliver talks and presentations, work with people one to one, or integrate your new skill into your existing modality, we provide you with resources and tools to support you, as a student and postgraduate.



OUR METHOD

The basics of menopause are quite simple. Periods start. Periods stop. However, the experience is more complex, and likewise learning how to support others through the process is too.



- 1. Before we can support people we need to educate them**
You can't manage what you don't understand.
We give you tools to teach others about menstrual and menopause health.
- 2. Once they have the information they need guidance.**
People who menstruate have never had a lesson on what it means to their health and well-being to have a physiology that works in a special kind of way.
We give you a method to follow and resources to make that possible.
- 3. Ongoing support may be short bursts of time and information or something quite different.**
As each person's experience on the menstrual health timeline is different, so is the support they need.
We give you a framework to continue inspiring them to take their next best step.



We use a core framework of science called 'structure related to function'. It explains why things work, not just how.

THE STYLE OF LEARNING

The Course Content is all delivered online and the Live Coaching is via video call. The Lessons are a mix of class notes, downloads, and videos.

The learning has been layered with essential knowledge followed by additional science.

We find this format enables a relevant and meaningful way of learning which is focused on the core purpose of helping others.

OUR CHOICE OF TERMINOLOGY

When talking about those who experience menstrual and menopause health we use the word menstruators. Those who do not we call co-menstruators.

When discussing anatomy and physiology we use the terms male & female.

We do not use words that imply a negative rhetoric or biased narrative.

We start the story of menopause at the beginning, with a clear explanation of the menstrual health timeline from puberty to postmenopause. Each lesson will reflect on, or mention, Menstrual as well as Menopause Health.

If the conversation is to be inclusive and complete you cannot talk about menopause without first talking about menstruation.

We do not explain menopause in terms of a deficiency. This is inaccurate and misleading.

ACCREDITATION

Our training courses have been accredited by the International Practitioners of Holistic Medicine (IPHM). This accreditation serves as a mark of distinction in the holistic industry and demonstrates our dedication to providing top-quality education and training. By choosing our IPHM-accredited courses, you can be assured of receiving comprehensive instruction that meets rigorous standards. Whether you are a beginner or a seasoned professional, our IPHM-accredited courses will empower you with the knowledge and skills needed to excel in the holistic field.



ASSESSMENTS

To reach the standards set by the International Practitioners of Holistic Medicine, there are 2 kinds of assessments required to achieve the accreditation of a Menopause School, Menopause Doula.



There is a multiple choices exam at the end of Level 1 (pass rate 80%)

In Level 2 there are **quizzes** after each lesson that test your understanding of the core biology. (pass rate 100%)

You must pass the exam and quizzes before accreditation is received. Re-takes are possible.

Using the framework of our Menopause Support System Questionnaire, you are also required to submit five Case Studies.

In Level 3 we give you hands-on practical guidance and 'hot seats', during the live coaching calls. The Coaching Calls are scheduled in the school calendar on a monthly cycle, with different time options.

The courses are self-paced learning programs.

The predicted learning time for each core Lesson topic is listed in the Roadmap to enable you to plan your study time.

COMMUNITY

One of our core values is to inspire togetherness. We won't reach our goal of creating a global collective of Menstrual and Menopause Health Educators on our own. We want to walk alongside others who are like-minded, to join us in creating a Menopause Evolution.

The Menopause discussion is diverse and one course can't cover everything.

The conversation continues long after you have completed the core program, so we have built an online community to do just that.



TOOLS & RESOURCES

The course includes access to a collection of templates and other resources to support your learning and help others.

They follow our guidelines and are a great complement to the work you will be doing with clients.

During your participation in the program, the downloadable resources will have our logo on. On full accreditation as a Menopause Doula we will send you the links to the Canva master docs to add your branding.

INCLUDING:

- Menopause Mapping Journal and Tracker
- Confident Healthcare Conversations - how to speak to a healthcare provider about HRT
- The Menstrual Health Timeline
- Menstrual Health Made Easy (audio series)
- The Menopause Support System Questionnaire
- The Story of Menopause - an innovative video learning format (see below)
- Menopause Circles - an online menopause support group framework



HOW TO REGISTER

A hybrid of LIVE and prerecorded content.

Available on registration. Lifetime access.

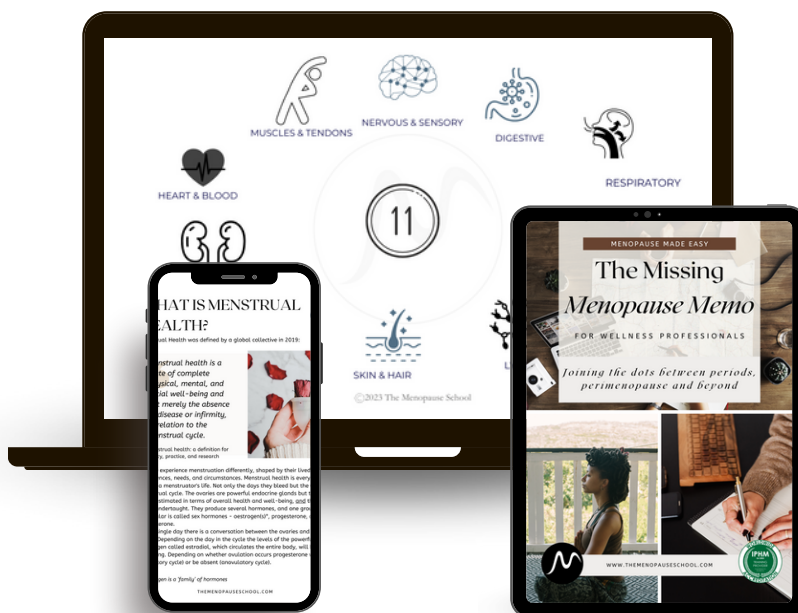
The Menopause School Training Course is NOT just an online program. You become part of a community, driven by a common aim, to save lives, and change the world, one menopause at a time.

GETTING STARTED

- Visit the registration link below
- Choose your payment options
- On completion of payment, your account will be created and you will receive a confirmation email with login details.
- You will have instant access to the learning portal and resources
- Learn at your own pace
- Full guidance and support via email and our community group
- LIVE coaching and Q & A

ENROL HERE

If you have any questions please email info@themenopauseschool.com



RECENT FEEDBACK

I just wanted to put into writing how much I have appreciated and valued the whole Menopause Doula experience. I felt as though you and the course content really celebrated what it is to be a female today. I leave the workshop feeling empowered not only to support my patients but in gaining awareness of my own menstrual health cycle.

MENOPAUSE DOULA COURSE REVIEW

The course format was easy to access and follow with excellent support before, during and after completion. I am excited to be part of changing the face of menopause care, enabling my clients to make informed decisions about their hormone health not just now but for the rest of their lives.

MENOPAUSE DOULA COURSE REVIEW

The way Fiona has taken us back not to the beginning of our menopause but to the beginning of puberty and then told the story forward from there put everything into context, it was amazing. Her language made it accessible, her knowledge made it fascinating and her personal experience made it real. I was in awe.

THE MENOPAUSE STORY & MENOPAUSE MAPPING ATTENDEE

This is the course I have been searching many years for. I found it very easy to follow (although still challenging enough) with the videos and slides, and liked that I could just rewind if I was unsure about anything.

MENOPAUSE DOULA COURSE REVIEW

